



The Women's Seminar Series

AT CLARK MEMORIAL HOSPITAL

HANGING ON BY OUR HIGH HEELS: STRESS BUSTERS FOR WOMEN

Join us for a FREE evening designed to share healthy and effective ways to manage all the stresses facing women today.

WHEN: Tues., Feb. 21 | 6:30 - 7:30 PM

WHERE: Kathryn Raines Education and Conference Center
1220 Missouri Ave., Jeffersonville

SPEAKER: Ashley Oliver, LCSW
Lead Therapist and Community Liaison
Behavioral Health Services

COST: FREE

RSVP: (812) 283-2926 OR
www.clarkmemorial.org

Please join us for a special ladies-only evening of encouragement and learning how to deal with stress in healthy ways. We'll take a look at managing stress by addressing our physical, mental, emotional, relational and spiritual health.

We'll also have some fun and relaxing activities for you to take advantage of before and after the seminar with chair massages provided by Angel Hands Therapeutic Massage and door prizes, too. Grab the women in your life and treat yourselves to some stress-busting fun!

MARK YOUR CALENDAR NOW FOR THESE 2012 WOMEN'S SEMINARS:

April 4 *Managing Migraines*

June 7 *Healthy Eating On A Budget*

Aug. 2 *Mirror, Mirror:
Promoting Healthy Images
for Children*

Oct. 9 *Keeping Bones Strong:
Osteoporosis*

Dec. 4 *Women and Diabetes*



Clark Memorial Hospital
Women's Services

No One Cares Like Clark.

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